




January Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/seniorservices

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Lunch is served at Noon. Reservations must be made at least 48 hours in advance. \$5.00 per person per meal. Milk, juice and bread are offered each meal. Menus are subject to change.			
Dec 31 Turkey, Vegetable & Potato Stew Fresh Baby Spinach, Grape Tomatoes Corn Muffins Cinnamon Apples	1 Center is Closed 	2 Roast Turkey w/Gravy Mashed Potatoes Mixed Vegetables Fruit Cup	3 Hearty Beef & Vegetable Stew Chilled Pears Cookies
7 Baked Pork Chop Braised Cabbage Scalloped Potatoes Fruit Cocktail	8 Chicken Marbella Yellow Rice Pilaf Green Beans Fruit Cup Fruited Yogurt Supper: Fish & Chips	9 Salisbury Steakwich Seasoned Greens Moroccan Chickpea Barley Salad Apple Crisp	10 Lunch with Nurse Steve Sign-up by Jan. 3 Roast Beef Sub Potato Salad Coleslaw Fruit Cocktail Dessert
14 Pot Roast Stew Cut Vegetables Red Skin Potatoes Mandarin Oranges	15 Chicken Fajitas Pico De Gallo Fiesta Black Beans Cucumber Salad Cookie Supper: Fried Chicken	16 Glazed Baked Ham Green Beans Mac & Cheese Broccoli Slaw Fruited Yogurt	17 Winter Wonderland Lunch Sign-up by Jan. 9 Stuffed Chicken Mashed Potatoes Green Bean Casserole Pie
21 Center is Closed 	22 Pork Loin Tomato Basil Salad Broccoli Casserole Mashed Potatoes Sliced Apples Supper: Soup & Sandwiches	23 Chicken & Beef Jambalaya Steamed Baby Carrots Peach Crisp Tapioca Pudding	24 Split Pea Soup Tuna Sandwich Carrot Salad Tropical Fruit
28 Venetian Chicken Breast Red Skin Potatoes Green Bean Medley Cinnamon Applesauce	29 Baked Potato Bar Sign-up by Jan. 22 Baked Potato Spinach Salad /Tomatoes Chili con Carne, Cheddar Cheese Applesauce Supper: Soup & Sandwiches	30 Beef Stroganoff Buttered Noodles Mixed Vegetables Tropical Fruit Cookies	31 Center is Closed 

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/Cancellations

Reservations must be made at least 48 business hours in advance. Cancellations may be made up to 24 hours in advance. Register at the Center or call 301-600-7020.

Cost

The current cost is approximately \$5 per participant per meal. The Senior Services Division must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County". Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/seniorservices
The menus are subject to change.

Transportation: Monday, Wednesday, Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:30 and 10:30 am. They will be returned to their homes between 1:30 pm and 2:15 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area and staff availability.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.